

Key Points

- For some reasons, as cold weather affect, over exhausted, cold food and drinks, etc. all might impair our body's primary energy—Yang qi. If yang qi is deficient, the coldness will occupy the stomach, then the food and drinks will be difficult to be processed, and could be passed away on loose form from the bowel movement. Body will be weak since not enough nutrient generated from digestive system.
- Gall bladder also involved in digestion, I use zhigou and taichong points, chaihu and baishao herbs to regulate gall bladder, this is important to treat this problem and easily be ignored.

Advices

- During holiday, still need to be careful about weather, food, drinks, activities that may affect the body.



B, 63 years old, came on 13th July 2012, with stomachache after holiday

She feels the pain on stomach on and off for one month after came back from holiday, aggravated by hungry, eating. She also has poor appetite, feels nausea when hungry, loose stool shortly after eating cold hands and feet. She tried all sorts of examinations and pain relief drugs, could not help.

TCM diagnosis and treatment

My pulse taking, palpation, symptom analysis indicate that there is a physical blockage of coldness on her stomach due to her Yang qi deficient, combined with stomach and gall bladder disorder. Acupuncture formula as: baihui, shenting, zhigou, taichong, qihai, zhongwan, after put needles, she feels no pain on stomach. Herbal formula for 3 days, as: ganjiang, fuzi, zhigancao, chaihu, dangshen, zhishi, banxia, guizhi, houpu, danggui, baishao, shengjiang. I met her 6 weeks later, she told me her stomachache went away completely after 3 days herbs, and the other symptoms also gone.

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